

HR CONTACTS –

Below are the July HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!

Important News From HealthQuest

Everyone have a safe and happy holiday!



JULY 2016

Fitting in physical activity is easier than you think – even for those with chronic conditions and disabilities.

EASY MOVES

For Those:

In wheelchairs:
Aquatic therapy, rowing, seated volleyball, yoga or swimming laps, and chair basketball, tennis, football or softball.

Recovering from an injury:
Start with range-of-motion exercises, gentle stretching and strengthening activities. Low-impact options include swimming, aquatic therapy, walking and using hand weights.

With chronic conditions:
Such as type 2 diabetes, arthritis, knee or back problems: If you can do moderate-intensity activities, but can't put pressure on hips or feet, options include swimming, stationary biking and indoor rowing.

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Open Enrollment Print Materials

During the week of September 26th, 2016, the State Employee Health Plan will post all open enrollment materials for Plan Year 2017 on our website at www.kdheks.gov/hcf/sehp.htm.

Members that would like to receive printed materials can go to www.surveymonkey.com/s/OEmaterials and complete the required fields by 07/22/2016 to be added to the mailing list.

REACH YOUR BEST:

Did you know?

The 2016 Summer Olympic Games begin later this month in Rio de Janeiro. Use the excitement of the games to get moving as a family. Encourage your children to pick an Olympic activity to learn, such as tennis or swimming the butterfly. Instead of competition, emphasize teamwork and effort. Staying fit and active makes everyone a winner.

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JULY 2016



Finding Focus Challenge

July 18th - August 12th, 2016

Some studies indicate when we think we're multi-tasking, we're actually getting less done. It may be better to focus in on just one task at a time, and be mindful of what we're doing. Practicing mindfulness improves both mental and physical health. Earn 1 activity point per day for completing each of the following activities:

- Make a daily to-do list
- Take a 15-minute technology break
- Take a break for deep breathing/meditation
- 30 minutes of exercise/stretching
- No electronics 60 minutes prior to bedtime

How the Challenge Works

During the Challenge, keep track of these 5 healthy behaviors.

You will receive 1 point for every behavior you practice each day.

Daily opportunity of up to 5 points.

The goal of this Challenge is to obtain 90 points in 4 weeks



Join Us for Finding Focus, a Stress Management Wellness Challenge

A recent Gallup poll found that 80% of Americans experience stress. And most did not know how to reduce it. Short bouts of stress can be fine. They can actually help you stay alert and accomplish tasks. But longer bouts of stress can wear down your motivation and take a toll on your health. It doesn't have to be that way.

Join us **July 18th – August 12th** for **Finding Focus** to work on some healthy stress reduction/mindfulness behaviors and earn **5 HealthQuest Credits!**

For more information and the paper flyer and tracker go to <http://www.kdheks.gov/hcf/healthquest/challenges.html>.



<https://portal.rxsavingsolutions.com/#/register> - Registration Worth 3 HQ Credits

Check Your Formulary

Members of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by simply checking their formulary. A formulary, also known as a preferred drug list, is a list of generic and brand name drugs that are preferred by a health plan. Health plans will choose formulary drugs that are just as safe and effective as the alternatives but cost less. Patients can access their formulary through their health plan website or by contacting their health plan by phone. Formularies are reviewed by a team of pharmacists and physicians, and are updated regularly, so it is important for patients to re-check their formulary periodically throughout the year.

Here is an example of how checking your formulary can save you money:

In 2015 SEHP members paid an average coinsurance of \$80.72 for 30 tablets of the cholesterol medication Livalo 4mg, which is a non-preferred drug. However, SEHP members paid an average coinsurance of \$1.77 for 30 tablets of atorvastatin 20mg (generic for Lipitor®), which is a preferred formulary drug, and studies have shown atorvastatin to be as effective as Livalo for lowering cholesterol¹. That is a savings difference of \$947.40 per year!

Significant savings can be found by switching to a preferred formulary drug. We encourage you to discuss these options with your doctor. It is important for patients to be active participants in managing their health.

References:

1. PL Detail-Document, Statin Dose Comparison. Pharmacist's Letter/Prescriber's Letter. August 2009 (full update June 2013).
2. <http://www.opm.gov/faqs/QA.aspx?fid=fd635746-de0a-4dd7-997d-b5706a0fd8d2&pid=162b86b1-5da8-45dc-ab32-3385f17e3460>

Building Resilience

Here when you need us.

Call: 888-275-1205
TDD: 800.697.0353
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App: GuidanceResources* Now
Web ID: SOKEAP



Some people are more capable of bouncing back after stumbling than others. That is due to their resilience. Resilience is about confronting crises without being overwhelmed by them. Resilient people are better able to handle life's stressors and adapt to changing situations.

Adults and children can develop resilience by improving self-esteem, cultivating a strong system of social support and taking care of their physical and mental health. Here are some other tips for building resilience:

- **Maintain Strong Connections With Family and Friends.** Strong, positive relationships provide a cushion of acceptance and support that can help you weather tough times.
- **Avoid Viewing Problems as Insurmountable.** Learn from past difficulties and be confident that you will get through current crises, too.
- **Accept That Change Is Part of Living.** Accepting change makes it easier to move forward.
- **Keep a Long-term Perspective and Hopeful Outlook.** Set goals for yourself so that you can feel productive and purposeful every day, and create longer-term goals so that you have a direction for your future.
- **Take Care of Your Physical and Mental Health.** It's especially important when you are feeling stressed to eat healthy and get adequate sleep and regular exercise.

Quarter 3 – RESILIENCY - EAP Webinar Schedule

July 19th @ 11am: The Art of Patience

August 25th @ 11am: How to Deal with A Difficult Person

September 22nd @ 11am: How to Receive Criticism and Make it Work for You

- Go to <http://www.kdheks.gov/hcf/healthquest/eapwebinars.htm> to register.

EAP Monthly Webinar Series – Worth 1 HQ Credit – July 19th 2016 at 11AM


The Art of Patience

Many of us are impatient at times. And when we lose control of our patience, it hurts not only us, but those around us. Impatience raises our stress levels and over time can even inflict physical harm to our bodies. It seems that patience is a skill that is quickly diminishing, but one that constantly needs improving. You see examples of impatience and patience throughout each day; when you are stuck in traffic, when you are waiting in line for the grocery store, and when your children are taking too long to get ready for school in the morning. Even if you do not rate your own level of personal patience as being very high, the good news is that with practice, you too can learn to be more patient in your life.

Register at: <https://attendee.gotowebinar.com/register/2179335773055343107>. If you cannot attend at the scheduled time but are interested, register and a recording will be sent to you via email following the webinar. Or if you only have 5-10 min check out the On-Demand Trainings at www.guidanceresources.com (Company ID: SOKEAP). These short training modules include fun, interactive features, and help you build practical skills to deal with real-life challenges.

JULY 2016

Safety Corner



9-Volt Battery Fire Prevention


Did you know that 9-volt batteries are a fire hazard? If a metal object touches the positive and negative posts together, it can cause a short circuit, making enough heat to start a fire. To avoid any danger of fire, follow this advice:

Don't store common household items such as steel wool, aluminum foil and keys near 9-volt batteries.

Don't throw 9-volt batteries away with trash. They can come in contact with other batteries or pieces of metal. Take them to a collection center instead.

Keep batteries in original packaging before use. Cover both posts with masking, duct or electrical tape if they are loose or when storing them for recycling — even weak batteries carry a charge.

Store batteries standing up and not in a drawer.



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castlight
HEALTH – (www.mycastlight.com/SEHP)

(Registering Worth 3 HQ Credits, Complete the Quiz Worth 2 HQ Credits)

Keep track of your doctors, clinics, labs, and pharmacies

Have you ever had a hard time remembering the name of a specialist, or finding the address or phone number for a lab or clinic you have used in the past? Castlight can help.

The Care Center feature on your Castlight app allows you to set up a list of your favorite medical providers, which makes finding contact information and directions, easier than ever.

Login to Castlight through mycastlight.com/sehp or from the Castlight app on your mobile phone.

PROTECTING YOUR ATHLETE'S SMILE

The mouth is a frequently injured area of the body during contact sports. Research has shown that most mouth injuries occur when athletes are not wearing a mouthguard. Wearing a mouthguard can help prevent broken teeth, cuts on the lips and tongue, and jaw injuries.



What Makes a Good Mouthguard For Your Athlete?

- Mouthguards protect the teeth from trauma or loss and reduce the risk for jaw fractures.
- Mouthguards also minimize lacerated and bruised lips and cheeks by keeping these soft tissue areas away from the teeth, and this is especially true for children with braces.
- An effective mouthguard should remain in place during the activity while not interfering with speech or breathing.
- It should provide maximum protection and be comfortable to wear.
- Wearing a mouthguard is highly recommended for those participating in boxing, basketball, baseball, field hockey, football, ice hockey, lacrosse, martial arts, soccer, wrestling, water polo and rugby.
- Participants in recreational activities such as skateboarding and bicycling should also wear mouthguards, especially in competition.

DeltaDentalKS.com

MAKE A GREAT PLATE.

Use lemon, herbs and spices to add flavor to recipes.

Yogurt-Cucumber Dip (Tzatziki)

INGREDIENTS

- | | |
|---|-------------------------------|
| 1 English cucumber, seeded and grated | 1 tbsp extra virgin olive oil |
| 2 cups 2% plain Greek yogurt | 3 tbsp lemon juice |
| 1 clove garlic, minced or ½ tsp garlic powder | 2 tbsp fresh dill or mint |
| | ¼ tsp each salt and pepper |

DIRECTIONS

In a medium-sized bowl, mix together cucumber, yogurt, garlic, olive oil, lemon juice, dill (or mint), salt and pepper. Serve with red pepper, carrots, grape tomatoes and celery for dipping.



Makes 4 servings. Each: 86 calories • 8g protein • 4g fat • 5g carb • .5g fiber • 133mg sodium
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JULY 2016

HealthQuest Monthly Seminar –
Worth 1 HQ Credit –
www.kansashealthquest.com

Play Hard

Being active doesn't just mean sweating it out in the gym. Learn how to use play to get your exercise (with or without kids).

To get to the seminars: Log on to www.kansashealthquest.com, click "Rewards" at the top, scroll down and click "More" under "Spend some time in the Library"

grow

Harvest for Your Health

One of the joys of summer is produce – berries, corn, eggplant, peaches, summer squash and tomatoes – to name a colorful few.



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